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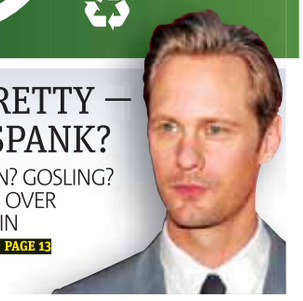
Raid in Russia

More than 1,000 migrant workers in the country rounded up after warehouse becomes target of a mob angry over man's death PAGE 8

SURE, HE'S PRETTY — BUT CAN HE SPANK?

SKARSGARD? PATTINSON? GOSLING? TWITTER ALL ATWITTER OVER WHO SHOULD BE CAST IN 50 SHADES, THE MOVIE PAGE 13



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A Calgary Police Service officer stands on guard outside a home in Ranchlands Monday afternoon after a woman's body was discovered inside. ROBSON FLETCHER/METRO

Woman found dead, 'family member' taken into custody

Autopsy scheduled. If confirmed as a homicide, woman's death would mark Calgary's 17th of the year

ROBSON FLETCHER
robson.fletcher@metronews.ca

A woman was found dead in a northwest Calgary home Monday and a man identified by neighbours as a relative — possibly the woman's son — was taken into custody in what police described as a "suspected domestic-related homicide."

Officers responded to a home in the 0-100 block of Ranchridge Drive N.W. after receiving a check-on-welfare call around 1:20 p.m. and discovered a deceased female inside.

A man was arrested at the home and interviewed by investigators Monday afternoon, according to police, but no charges had been announced as of press time.

A next-door neighbour, who declined to give his name, said he witnessed police arrest a young man outside the house.

"Yes, I know who it is," the neighbour said. "He's a younger man, a family member."

Bill Bell, another neighbour, said an older couple lived in the home.

They had two adult children — a son and a daughter — and the son had recently moved back home, he added.

"They were a nice couple — friendly, always said hello," Bell said of the family. "They've been there for quite some time. I've never seen any indication of any problems there."

Steven Iovan, who lives a few houses down from the home where the body was found, said he knew the family and also described them as friendly.

"It's really shocking," he said of the incident. "You don't really hear about this up here."

Iovan said he saw an officer with a shotgun sprinting down the street toward the home and later saw the arrested man in the back of a police car. In speaking with others on the block, he said the man was recognized as the son who had recently moved back into the house.

Neighbours identified the family members who lived in the home but, pending formal charges and notification of next of kin, Metro is withholding their names.

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Survey.
Site details candidates' positions on transit

Candidates for city council and school trustee have spelled out their positions on bike lanes, reduced speed limits and other transportation issues in a new survey focused on getting around Calgary without car ownership.

"We're just looking to start a conversation," said Jennifer Black of Calgarians for Transportation Choice, the local group that put out the survey.

So far, 23 of 49 candidates for councillor have responded, and their answers have been posted online.

"It's been a little bit slower on the school trustees, but some are still trickling in," Black said.

The survey reveals sharp divisions. In Ward 2, for example, candidates contrasted on whether they would advocate "for cold hard cash" directed immediately to alternative transport options, such as cycling, walking, transit and car-share infrastructure.

"Definitely," replied Bernie Dowhan.

"No," wrote Joe Magliocca.

"I would advocate for funding for sensible modes of improvement," wrote Shawn Ripley.

"People must voice their desires, priorities, risks, opportunities, etc. to help council define budget priorities," replied Terry Wong.

Black said her group doesn't endorse candidates and just aims to provide voters with a single source of information on where the politicians stand.

Survey responses can be seen at calgarians4transportationchoice.org.

ROBSON FLETCHER/METRO

Calgarians line up to cast ballots on the "Advance Vote Bus," which will be stationed at various LRT stations ahead of the Oct. 21 general election. ROBSON FLETCHER/METRO

Advance voting up but lower turnout expected

Municipal elections.
Details at calgary.ca/election and on city's mobile app 'YYC Vote'

Calgarians are voting in advance polls in larger numbers than ever, but that doesn't necessarily mean overall turnout will be up when all the ballots are counted, according to a local political science professor.

"It's definitely true that people have been voting more and more in advance polls," said Paul Fairie, who teaches a municipal government course at the University of Calgary. "But a lot of that will have to do with the fact that governments have been making it easier to vote in advance."

Over the first five days of advance voting in this year's municipal election, a total of 13,882 ballots have been cast, according to the city.

That's up nearly 10 per cent from the 12,660 ballots cast in the first five days of advance voting in the 2010 municipal election, which saw an exceptionally high 53 per cent voter turnout, in total.

In spite of the higher advance turnout so far this year, Fairie said "it would be the shock of the century" if total turnout topped 53 per cent when all is said and done.

"Turnout is really just about how competitive the mayoral race is," he said. "And we don't have too competitive of a race."

Returning officer Barb Clifford noted there are four more advance polling locations this year as well as the new "Advance Vote Bus."

The mobile voting station has only been available for three of the five advance voting days so far and accounts for 896 of the advance ballots cast.

ROBSON FLETCHER/METRO

Where to vote in advance

- Tuesday and Wednesday are the final two days of advance voting.
- Ballots can be cast at advance polling locations or on the vote bus, which will be stationed at Crowfoot Station during Tuesday's morning commute and Heritage Station during the afternoon commute.
- On Wednesday, the vote bus will be at the McKnight/Westwinds Station in the morning (6:30-9:30 a.m.) and Westbrook Station in the afternoon (3:30-6:30 p.m.).

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Calgary shelter helps homeless give thanks

Drop-In Centre. Clients are thankful for the essentials

Those in need gathered at the Calgary Drop-In Centre on Monday for the Alfred Balm Day of Thanksgiving.

Three full meals were served by volunteers and staff, but dinner was the big draw: 350 pounds of turkey, 95 pounds of potatoes and 70 gallons of gravy.

Dwight Trotter said he's thankful for the Drop-In Centre.

"You might hear on the streets that it's dingy, but it helps a lot of people," he said. "You've got to be thankful for a place that won't turn you away."

Another client, Brian M., said he appreciates the food, especially because he's a celiac.

"They make sure I get a meal," he said.

The dinner was funded by Alfred Balm. Staff member Jordan Hamilton said it's an annual tradition of Balm's to put up $5,000 for the DIC to produce three meals.

"Alfred Balm, we have not forgotten you," said Brian M.

Volunteers like Pattie Cameron and Taylor LaVonte were in the kitchen, preparing the annual Thanksgiving dinner.

"It's great to see the volunteers out here. All generations of a family," Brian added.

Guests said the Drop-In centre was busier this year, but not only because of the meals.

"Things are changing," said Brian. "It's tougher to get a bed.... It's getting busier, and it's getting colder," Trotter added. CONNOR ROSINE/FOR METRO

Pattie Cameron gets her hands dirty prepping for the big annual Thanksgiving meal at the Drop-In Centre in downtown Calgary. CONNOR ROSINE/FOR METRO

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Extradition. Alta. won't go after convicted sex offender believed to be in the U.S.

The Alberta government won't ask the federal government to seek the extradition of a convicted sex offender who police say fled Canada for the United States.

A spokesman for Alberta's justice department said in a statement on Saturday that although Michael Stanley has a criminal record of violent offences, the charges he is currently wanted for aren't severe enough to justify asking American authorities to turn him over.

"Mr. Stanley is not currently charged with any offences of violence in Canada," Dan Laville said. "The charges currently against him do not typically warrant engaging the extradition process. We advised our federal counterparts of the decision (Saturday) afternoon."

Police have been trying to track down Michael Stanley since Oct. 1, when the electronic monitoring bracelet he was wearing was cut off. The bracelet was found on the roof of a business in Lloydminister, which straddles the Alberta-Saskatchewan boundary. An arrest warrant was issued for Stanley on charges of breach of recognizance, mischief and driving offences. Police issued a public alert describing the Edmonton man as an untreated, violent sex offender posing a significant risk to the community. THE ASSOCIATED PRESS

Unconfirmed sightings

Concern over Stanley prompted several schools in west-central Saskatchewan to lock their doors after RCMP received several unconfirmed sightings of Stanley, but on Oct. 7, police in Lethbridge, Alta., found his vehicle in the city and warned the public that he could be in the area.

Fires. Southwest Calgary arsons probed by police

Arson investigators are asking for the public's help in identifying one or more people who may be connected to a string of deliberately set fires in a southwest Calgary community.

Police are investigating two fires in Braeside over the weekend, with the first blaze set in a recycling bin outside a home in the 700 block of Brookpark Dr. S.W. on Oct. 13. Damage was done to a home and vehicle, police said.

An hour later a second fire was reported on a ground floor condo in the 10100 block of Brookpark Boulevard. A deck and siding were engulfed in flames before being doused.

According to police, three other barbecue fires in the area could be connected to these incidents.

Anyone with information is asked to call 403-266-1234 with information. METRO

Calgary police are investigating a number of fires in the southwest community of Braeside. GLENN KELLY/FOR METRO

RCMP hope 'forensic sculpture' will help ID skull

Investigation. Police believe the skull is that of a white male between the ages of 20 and 60

CONNOR ROSINE
calgary@metronews.ca

Does this face look familiar? Police investigating a suspicious death hope it does.

The face is an approximate reconstruction based on a human skull discovered south of Cochrane on Oct. 13, 2012.

Insp. Tony Hamori, head of Southern Alberta's serious crimes branch, hopes that the victim's distinct teeth will stand out to someone.

"The patterns of the teeth are not level, there's quite a wave to the teeth pattern," he said.

Hamori wanted people to avoid focusing on the colour of the eyes or the hairstyle of the replica, but rather look mainly at the bone structure and teeth.

"The reconstruction is an approximation," he said. "There's a number of variables that go into this kind of process."

Police believe the skull had been where it was found for less than a year. No other human bones were found in the area.

Hamori said it would be a "fair assumption" to say that the victim was likely not reported missing, due to the fact that no matches have been found in the various databases used for missing persons.

"We have generated a dental profile and also DNA for this particular victim, which has been searched through as many databases as we can access with no results so far," he said.

Anyone with information about the case is asked to call the RCMP at 403-699-2709.

A forensic sculptor completed this approximation of a male victim, based on a skull recovered near Cochrane more than a year ago. CONNOR ROSINE/FOR METRO

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Most candidates 'predisposed to disclose'

Most candidates for city councillor have voluntarily submitted campaign-finance disclosures to a third-party website, despite no legal obligation to do so.

CivicCamp's Disclosure 2013 project now has financial information from 25 of the 49 councillor candidates who, together, disclosed more than $677,000 in contributions and fundraising.

"The ones who are predisposed to disclose are very interested (in participating)," project lead Greg Miller said Monday.

By the numbers

51%

The proportion of ward candidates (25 of 49) for councillor who voluntarily submitted financial disclosures to the project.

Many of the candidates post the same information on their own websites, Miller added, but the project takes things a step further by providing "a common format and a common place to come see all this information."

Ideally, Miller hopes pre-election campaign finance disclosures will become the law.

"In the meantime, we need as complete a data set as possible," he said.

The full disclosures and various reports based on the aggregate data can be found by visiting civiccamp.org and clicking on the Disclosure 2013 link.

ROBSON FLETCHER/METRO

E. coli?

Costco and CFIA issue recall of Kirkland beef in western Canada

There's a recall of Kirkland Signature brand organic lean ground beef over potential E. coli contamination.

The recall was issued Friday by the Canadian Food Inspection Agency and Costco Wholesale Canada Ltd. THE CANADIAN PRESS

Three-year-old injured. Driver sought in weekend hit-and-run

Calgary police are continuing their investigation into a hit-and-run crash in northeast Calgary Saturday that left a three-year-old seriously injured.

Police are looking for a black pickup truck with dual rear tires that fled the scene outside the Marlborough Mall Walmart Saturday around 2:45 p.m., after hitting the child, who suffered serious injuries, police said.

The driver of the truck has been described as a white male in his 50s with a full beard.

According to police, the digits "27M" may form part of the wanted vehicle's licence plate.

Police are asking for anyone who witnessed the crash and may have given aid to the victim and his mother, to contact the police collision reconstruction unit at 403-567-4000.

METRO

Baby who was born in jail dies

Autopsy scheduled. Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year facing drug trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the assistance of the police, to attempt and determine the cause and manner of death," the police statement says. SEAN MCKIBBON/METRO WITH FILES FROM JOE LOFARO

On social media

Photos of baby Gionni eating birthday cake seem to indicate he was healthy enough for a party. But on Oct. 6, Bilotta wrote, "My poor baby was sick all night."

- In a followup reply, she said Gionni had been having breathing trouble so she took him to hospital.

Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fry Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

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First Student

B.C. man thankful for charity drive to help get him a new trailer

It was a Thanksgiving Stephen Chalmers will never forget — the good nor the bad.

Chalmers suffers from mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, with Metro's assistance, started a $5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised $4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel," but stressed there are still other tenants who are just as scared about their future.

"I'd like to thank everybody … but I really need everybody to help them, too," he said.

KATE WEBB/METRO IN VANCOUVER

How to make a donation

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Stephen Chalmers METRO

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People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they believed the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid" and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Abdulosimova, a retiree. "They had a little riot … and attracted attention (to the issue)."

THE ASSOCIATED PRESS

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.

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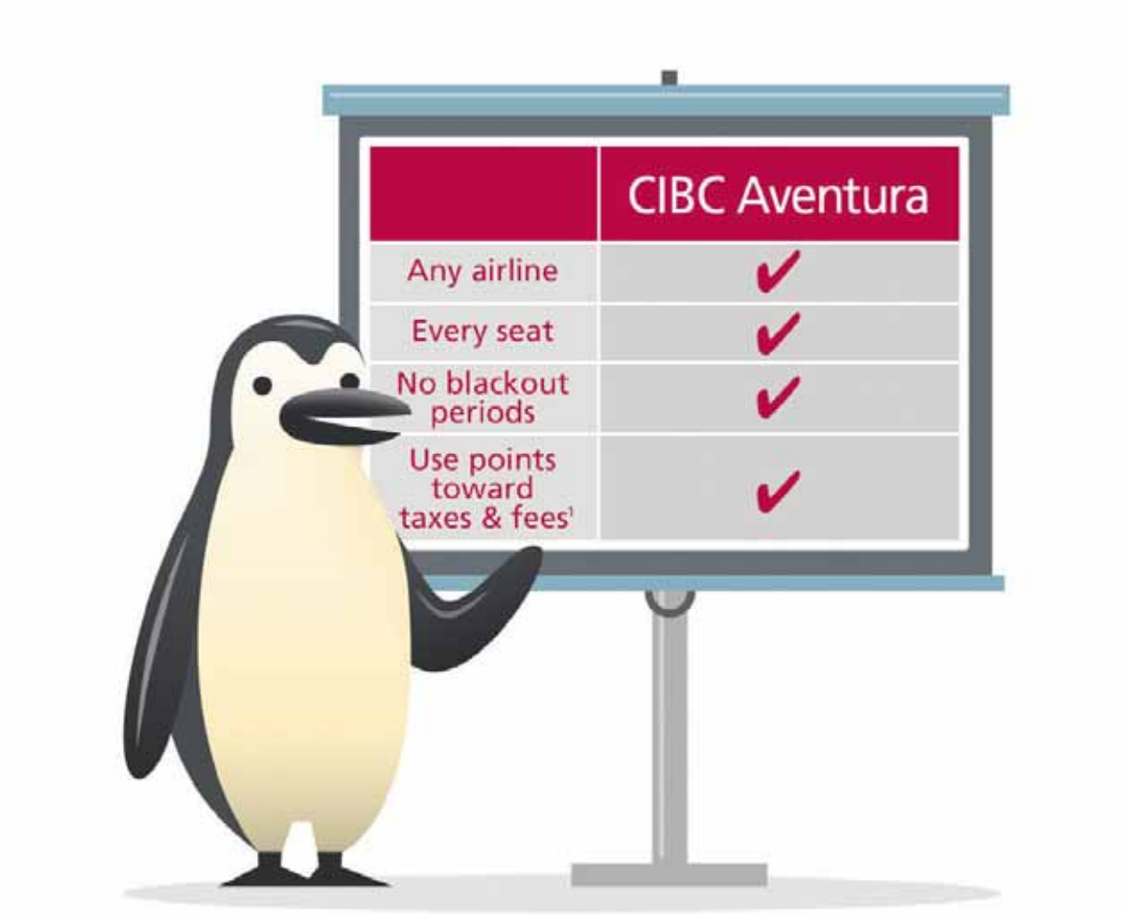

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Africa. Foundation can't find country worthy of prize for accountability

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and $5 million US prize — to any former African leader, saying none had earned it.

A new measurement released by the foundation on Monday found that 32 countries on the continent have seen a decline in the categories of safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year and that young Africans are taking leadership more seriously now. "Africa is changing, and the young African generation is different," he said.

THE ASSOCIATED PRESS

The Hague

Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials in Phuket said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdsirimongkon said the man was arrested Saturday in a crackdown on shows featuring naked dancers.

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Carpenter Daniel O'Sullivan, of Ireland, in Vancouver. He came to Canada for work about four years ago. THE CANADIAN PRESS

Canada looks to fill skilled labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

Even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

In the B.C. construction industry, about 30,500 jobs were expected to go unfilled by 2012, according to the association's own statistics.

THE CANADIAN PRESS

The other side

Not everybody agrees with the recruitment drive, especially B.C.'s labour leaders.

- "There are ... Canadians that probably could do those jobs," said Tom Sigurdson, executive director of the British Columbia and Yukon Territory Building and Construction Trades Council.

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THE CHEEKY SIDE OF SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses we perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb

COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." METRO

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan – prefabricated in a factory and delivered to the forest floor – will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. METRO

Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and to much work to always check to opt out

@cynthiabigrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

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DVD review

Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

●●●●○

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome. Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress. In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience. Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario. Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. **PETER HOWELL**

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirlseverywhere"

Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now… more importantly… who's gonna replace Dakota Johnson?

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I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future

moments

you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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Tom Hanks never misses the boat — even when it stinks

Captain Phillips. Actor endured some cramped and smelly situations filming in an enclosed lifeboat

NED EHRBAR
Metro World News in Hollywood

Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in Captain Phillips definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant but for everything we needed to go through as actors, that tiny, hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"'Hero' is almost like a branded term now. It's bandied about all the time. People get labelled it left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."

But then, how can Hanks get away with thinking of himself as a hero when even the guy he's playing this time out won't accept the label.

"Richard Phillips doesn't view himself a hero. He was a guy who sat there and waited for the heroes to show up, which is different," Hanks says.

"We all have times in our lives where we can either be a hero, a villain or a coward and I just hope that I'm a coward as little as possible, and hopefully never a villain and on the occasions when I have to be, I would hope to be able to do the heroic thing, but I've never been tested in any way, shape or form — other than facing down members of the fourth estate."

Playing the hero

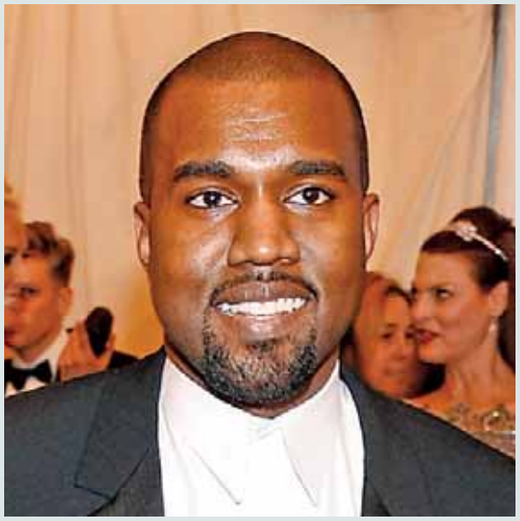
"I'm just a guy who's got a pretty good gig pretending to be other people."

Tom Hanks reflecting on his past roles

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kanye keen to wed Kim... I wouldn't rush in if I were him

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiopian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

Justin Bieber ALL IMAGES GETTY

Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f--- off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

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Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her blog, Half Off (metronews.ca/half-off/).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering. The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciwa and Albert understand it's challenging when life throws a curve ball.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA MCGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts.

A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?
I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

What advice would you give those new moms who are reluctant to exercise?
If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs.

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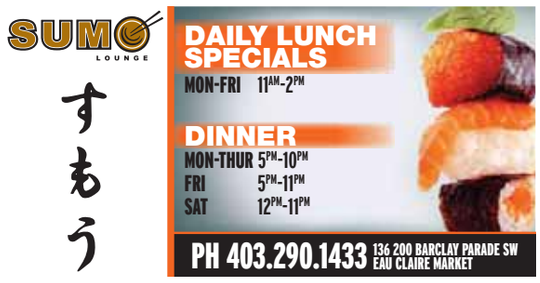

COLOURBOX

WHERE TO CALL HOME SWEET HOME?

Living on- or off-campus is one of the biggest decisions post-secondary students have to make. It has a large impact on your social, financial and academic life.

Heather Sutherland, the assistant vice-president of ancillary services at Dalhousie University, says many students choose residence for first year.

The main appeal is simplicity, she says, as you pay one bill per semester. If you get an apartment, you will need to save up a damage deposit and hook up cable, Internet, power, water and other services. You will have to pay those bills, along with rent, every month.

"(On-campus) is all-inclusive and you can really focus on your academics and making that transition toward meeting friends and getting involved with university," she says.

Living on campus means common areas, including washrooms, are cleaned for you, and you don't have to cook or grocery shop.

"There are a lot of pluses for a lot of individuals," Sutherland says. "It will make their life much simpler."

Some students live on-campus for their entire degree, taking on leadership roles and helping new students settle in at school. Most, however, find that by Year 2 or 3 they have a grip on the academic side and want the increased freedom of living off campus.

The main draws are choosing where to live, with whom you will live (if you have roommates), buying your own food and having your own things. It also means you may be able to bring your pet dog or cat with you.

Living in your own place will have higher up-front costs to set up utilities and buy furnishings, but those costs decrease over the years if you stay in the same place and keep your stuff. Figuring out which costs more depends on a variety of decisions.

Georgian College calculates that renting a room in a four-room house will total about $569 per month. A two-bedroom apartment will run about $583 per month per person. Living on campus will cost $722 per month.

But on-campus rooms have eight-month contracts, compared to a standard 12-month deal for off-campus. That means you will have to find someone to sublet your off-campus room or stay there year-round.

– Jon Tattrie

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ST. MARY'S UNVEILS NEW LIBERAL STUDIES DEGREE

St. Mary's University College is pleased to announce the offering of a new four-year degree program effective Sept. 1.

The Alberta Ministry of Enterprise and Advanced Education has given approval for a four-year (120 credit) bachelor of arts with a major in liberal studies.

"This is the first program of its kind in Alberta and we predict that it will quickly become one of our most sought-after degrees," says Dr. Gerry Turcotte, president of St. Mary's University College. "It offers real-world training and applications, broad interdisciplinary knowledge and the opportunity to focus on a specific concentration in one of 11 areas such as drama, family studies, business and management studies, sociology or science, to name just a few. It's an exciting and dynamic addition to our suite of degrees."

CONTRIBUTED

The program has been designed specifically for the 21st-century student and job market.

Students entering university today are often interested in a number of subject areas or have yet to make a decision on their chosen field. This program allows students the maximum flexibility to discover and pursue their interests while completing a four-year degree.

Some people today are unlikely to have one job for their entire work life. Instead, they are more likely to pursue a career path that will require the application of job skills in a number of positions.

"We know that the most marketable work skills for people entering the work force today include the ability to think critically, communicate effectively and gather and analyze information," says Dr. Linda Henderson, associate professor of sociology and interdisciplinary studies at St. Mary's, who was instrumental in developing the degree proposal. "The liberal studies program has been designed specifically to develop and enhance these skills so that students will have the greatest diversity in possible career paths."

Students completing the liberal studies program will be able to pursue many career paths including journalism, management, marketing, public relations, human resources, education, social services, research and analysis, government and industry.

The program also provides an excellent foundation for further studies at the graduate level in a number of fields and for professional programs including law.

For more information about this new degree, visit stmu.ab.ca.

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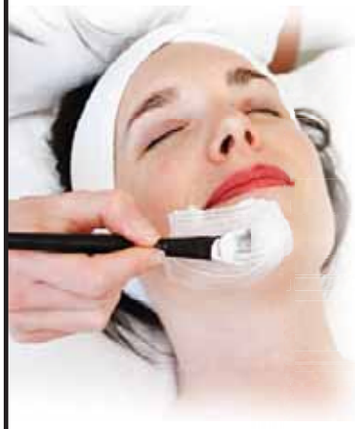

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CONTRIBUTE TO OVERALL GOALS AND OBJECTIVES

OIL AND GAS ADMINISTRATION CERTIFICATE AT MOUNT ROYAL

The new oil and gas administration certificate at Mount Royal University faculty of continuing education is ideal for those looking for administrative assistant roles in the petroleum industry.

When it comes to this field, having the appropriate skills and knowledge allows an individual to compete in the fast-changing and highly competitive global energy market.

"All oil and gas companies require administrative staff," says Jillian Philpott, program co-ordinator, arts, science and technology at MRU. "When those individuals working in administrative roles have the background knowledge and skills to understand and contribute to the overall business goals and objectives, companies will achieve a greater degree of success."

This specialized extension certificate will teach students the fundamentals of today's most commonly used PC-based operating system (Windows), as well as the most prevalent office software package (MS Office).

Students will also learn project management fundamentals, how to successfully run a meeting, the essential communication skills needed in the workplace, how to handle conflicts, and an overview of the oil and gas industry.

In addition to technical skills, students will have the opportunity to gain industry-specific knowledge that will help them on their path to success.

Unlike other similar programs, the MRU program is designed with the working professional in mind.

"There are several program options currently available to students in the Calgary area, however, there was nothing designed for those students wishing to continue working during the day while studying part time in the evenings and online," Philpott says. "This certificate will offer students a significant cost savings compared to other programs and will allow them to continue to work full or part time while pursuing a career change."

For more information about this new certificate program, visit conted.mtroyal.ca/oil.

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Returning to learning is often seen as a surefire way to get out of a rut or change careers, but going back to school full time during the day isn't always easy.

For some, giving up a day job or family commitments prevents individuals from heading back to school full time and holds them back from achieving educational success.

Taking continuing education courses at a local college is one option that can make switching gears in life a little easier.

Whether it is upgrading your work skills, earning a certificate of achievement, or just taking a course for fun, Bow Valley College has a continuing education course that will fit your busy schedule.

BVC offers a wide range of courses, including computer training, health care, interior decorating, special events planning, and more.

The downtown Calgary campus is located at the City Hall CTrain station, with evening and weekend classes starting year-round.

For those who work near the downtown core, or any transit user, getting to class is especially convenient.

BVC instructors bring years of teaching and workplace experience to the classroom, as well as a keen interest in helping students achieve their goals.

Bow Valley College also a number of online courses for students looking for an even more convenient learning experience. Some of these courses cover topics such as accounting and finance, business, design and composition, health care and medical, personal development, and more.

Signing up for a course has never been easier since has BVC completely overhauled its online continuing education registration system this past summer and is ready to take registrations day or night. The site is accessible from smartphones, tablets, as well as desktop computers, and is connected directly to the student information system.

CONTRIBUTED

This "better-than-ever" registration system will ensure that you always know the next start date for your desired program and if there is a seat available.

To find out more about how to switch gears and accelerate your career with Bow Valley College, please visit coned.bowvalleycollege.ca.

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This new program at ABM College includes both in-class instructional time as well as a four-week practicum placement to apply your skills directly in the field.

With the demand for legal services increasing in recent years, the demand for legal assistants is growing and ABM College can prepare you quickly and effectively to enter the workforce.

For more information regarding the legal assistant program, or any other programs at ABM College, contact 403-719-4300, or drop by at the new location at 3880 29th Street NE.

PETRAD/COLOURBOX

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ABORIGINAL FUTURES IS ON HAND TO HELP

When it comes to putting together a resumé, learning skills to tackle a job interview, or even getting in touch with the right employers, Aboriginal Futures is on hand to help.

Aboriginal Futures assists the urban Aboriginal population that lives in Calgary and the surrounding area access education, training and employment services.

In-house programs, such as the Job Club, assist individuals looking for immediate work.

"Through utilizing today's technology, participants will learn how to find jobs, apply for positions, network and build relationships with employers and research companies," says Leigh-Ann Palfrey, event co-ordinator, Aboriginal Futures.

And the Aboriginal Workplace Learning Circle will help those who have been out of the workplace or school for an extended period of time, create a plan to return to work, school or training.

On Oct. 21, from 2-4 p.m. at the Delta Calgary South Hotel at 135 Southland Dr. S.E., Aboriginal Futures will host its Aboriginal Fall Job Fair.

"The Aboriginal Fall Job Fair is an excellent way to connect local employers with Aboriginal job-seekers," Palfrey says. "This is a great opportunity for employers to tap into Calgary's Aboriginal population and increase their company's visibility within the local Aboriginal community."

For more information, please visit aboriginalfutures.com.

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MRU TO OFFER ONLINE DEMENTIA CARE PROGRAM

DESIGNED TO MEET NEEDS OF AN AGING POPULATION

People with different forms of dementia require knowledgeable, compassionate, reflective and relational caregivers.

Starting this January, Mount Royal University will be offering an online dementia care program designed to address the needs of the aging population.

"The online program is focused not only toward knowledge about dementia, but also an exploration of how dementia is understood by the caregivers, families and even persons experiencing dementia," says Sandra Gordon, associate professor, Mount Royal school of nursing, faculty of health and community services.

"It is hoped that by acknowledging the diversity of perspectives regarding dementia that all caregivers come to an understanding of the disease process, the experience of the person or personhood of those experiencing a dementia, as well as their families' experience of grief and loss."

Gordon says the online dementia care program has been developed specifically for the health-care aide worker.

This program is ideal for people who want to work in health care, or who are already in health care, but would like to specialize in gerontology, especially unregulated health-care workers, many of whom have international credentials but are unable to practise in Canada.

"Dementia is a pathological disease process, not an age-related change, and continues to not be well understood, even within health-care professionals," Gordon says. "Also, ageism causes many health-care providers to be very dismissive of persons with dementia, acting as if they are 'just crazy or confused because they are old.'"

This online program is focused not only toward knowledge about dementia, but also an exploration of how dementia is understood by caregivers, families and even people experiencing dementia.

Registration for this program begins Nov. 12.

For more information about this new online program, visit conted.mtroyal.ca/dementia.

BRIGHTEN UP YOUR FUTURE

AT ABM COLLEGE

COLOURBOX

If you like to share your creative and artistic ability with others, be your own boss, or keep up with the latest fashion and trends, then the new esthetics program at ABM College could be part of your bright future.

The growing field of esthetics is both a challenging and rewarding profession for self-motivated individuals who dream of owning and running their own business.

ABM College of Health and Technology is one of the leading career training institutions in Alberta and Canada.

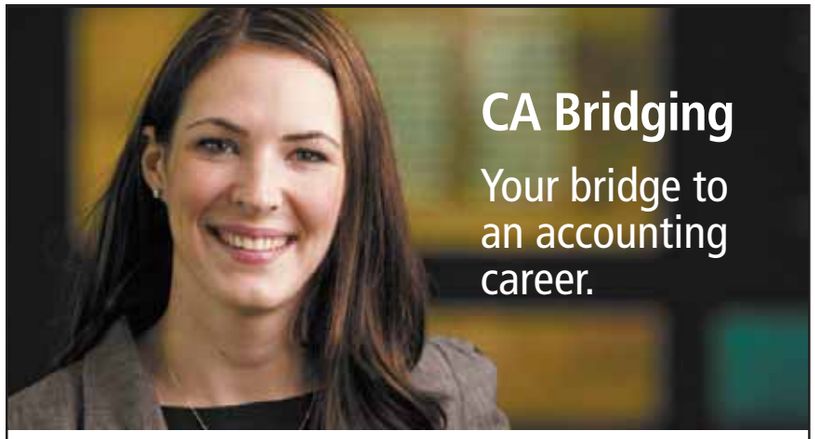
With the growing number of specialty nail treatments and skin procedures on the market, opportunities for graduates are endless.

Esthetics not only includes your typical day at the spa with head-to-toe pampering, but also includes the emergence of medical aesthetics, a rapidly expanding industry. Treatments such as microdermabrasion, chemical peels, and laser treatments are only a few of the techniques you will learn at ABM College.

With your government accredited certificate from ABM College, you will have the opportunity to walk into a brighter and more profitable future as an esthetician.

Your career opportunities as a certified esthetician could take you to a career on movie sets, into salons, spas, and many other avenues for growth in the industry.

For more information, visit abm-college.com, or call 403-719-4300.



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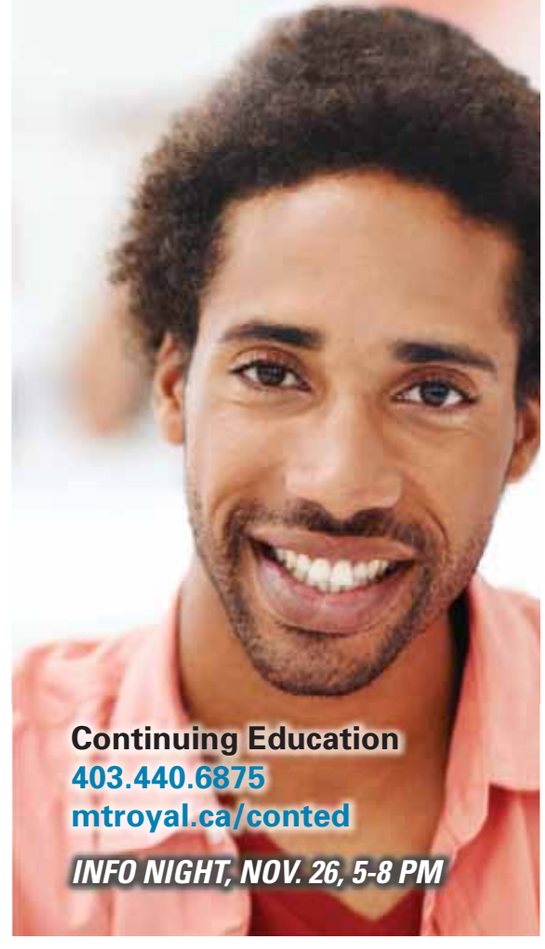

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INFO NIGHT, NOV. 26, 5-8 PM

UNDERSTAND EVOLUTION OF BUSINESS

Understanding the evolution of the business world is the idea behind the bachelor of business administration at Ambrose University College.

The business world is no longer just about dollar signs or the bottom line, but companies and organizations are now looking to see how the triple bottom line (financial, social, environmental impact) plays a role.

"The goal of our bachelor of business administration is to equip students to make a difference," says Randy Poon, associate professor, chair of the business administration program, Ambrose University College.

While Poon says this four-year program covers all the core business aspects, the school has courses to cover social entrepreneurship and domestic and international development.

With the addition of these new key focuses, Ambrose has brought in two new

CONTRIBUTED

faculty members who are proven experts in these topics.

"We want to ensure our faculty were in tune with these key courses," Poon says.

Ambrose is happy to welcome David Iriemadze, who specializes in social entrepreneurship and innovation, and Aries Sutantoputra, who specializes in corporate social responsibility, to its team.

While creating successful grads is important to Ambrose, Poon says it is really about facilitating change in the business environment.

For more about the business administration program, visit ambrose.edu.

DRAW UP A NEW CAREER WITH DIGITAL SCHOOL

For many people, getting the career they want may mean putting their lives on hold to seek out training.

For those looking to seek out a career as a computer-aided drafter, Digital School Technical Design College offers the computer-aided drafter certificate as a part-time online option that can be started at almost any time from almost any location.

"We're also very proud of our online, part-time computer-aided drafter certificate, which allows people anywhere to become a Digital School student, preparing yourself for your new career as a computer-aided drafter without having to give up your current job or move to a different city," says Jennifer Tsang, admissions adviser, Digital School.

Digital School also offers a number of full-time programs at the Edmonton campus, including computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization, where students can study to earn

SYDA PRODUCTIONS/COLOURBOX

a degree in CAD with skills for which employers are looking.

"We are always staying on top of industry developments by focusing on big-picture things like building information modelling, which is the talk of the architecture, engineering and construction industries; and always having the latest versions of Autodesk software installed on all our students' computer stations," Tsang says.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

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START A NEW CHAPTER IN YOUR LIFE WITH ABES

After spending 25 years as a secretary, administrative assistant, and executive assistant, Cheryl Johnson was looking for a change.

It was actually an advertisement in a newspaper for the Alberta Business and Educational Services (ABES) unit clerk/MOA course that led her to a new career.

She immediately called and set up an appointment to speak with someone about the course.

"I knew I did not want to return to school for one year or more, thus the course length of six months appealed to me," Johnson says. "After meeting with someone in admissions at ABES, I knew that I wanted to take this course and start a 'new chapter in my life.'"

Johnson was impressed that she was able to graduate from the ABES program with dual certificates.

"I know that I definitely made the right choice for my new career with ABES," Johnson says. "I definitely received a higher quality education due (largely in part) to the fact that ABES works closely with Alberta Health Services (AHS) and Calgary Laboratory Services (CLS) to ensure a high-quality education."

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And added advantage for all ABES students and graduates is that AHS and CLS are large employers in the Calgary area.

Johnson was even hired as a casual employee by AHS before her practicum was completed.

Students will take part two separate practicums — one in a hospital setting and one in a medical clinic setting.

"We are the only school in Calgary that has a dual practicum," says Julie Wright, campus coordinator, ABES. "This practicum provides a wide basis of exposure and allows students to take the career path for which they are most suited."

All ABES program practicums are arranged and set up by ABES.

The unit clerk/medical office assistant program is a full-time dual certificate program that prepares graduates to work primarily as unit clerks and medical office assistants in just 26 weeks.

Students also will be provided skills training to work as admitting clerks, health records clerks, chart management clerks, or hospital clerks in a variety of health-care areas, including hospitals and nursing homes.

For more information about this program, visit abes.ca.

TRY A NEW CAREER PATH AT ACADEMY OF LEARNING

There is no need to put your career dreams on hold any longer with new programs starting each week at Academy of Learning Career College.

Whether you are looking to get into fields such as health care, business administration or as an insurance adviser, now is the time stop in to an Academy of Learning campus near you to find the right program to meet your needs.

"We are always active in adding and improving specialized programs in response to the demands and opportunities of the labour market," says Charles Jarvis, general manager.

COLOURBOX

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers, such as health care, business, office administration, IT, web design, accounting, and many more.

"Academy of Learning Career College has always been ahead of the curve with self-paced, individualized blended learning," Jarvis says.

"Over the past quarter-century, Academy of Learning has grown to become the largest network of career colleges in Canada, and developed nearly 30 career programs in business, health care and information technology."

For more, visit the Alberta site at academyoflearning.ab.ca.

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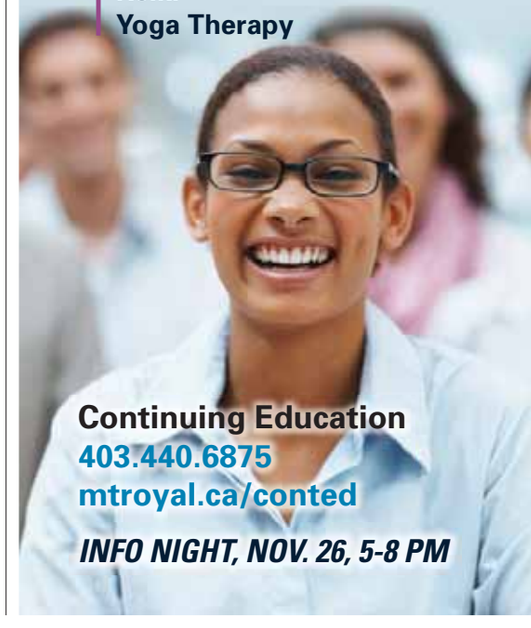

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INFO NIGHT, NOV. 26, 5-8 PM

After all that turkey, go green with an easy Chopped Salad

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese

This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo of veggies.

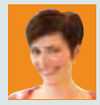
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

- Toss whole, cored but unpeeled pears into butternut squash soup.
- Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.
- Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.
- Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.
- Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail

YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say darkly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do, the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers
Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments
Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash
Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info
Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan
The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.

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An open house can attract a wide range of potential buyers. But before you let a crowd through your home, put your valuables away. NEWSCANADA

Don't lose your shirt (or the family jewels) during an open house

Hosting an open house is an effective real estate sales tool that your agent will likely recommend, but how can you be sure your security will be kept in mind during the event?

"Ask your realtor questions about how to prepare for visitors," says Carla Bouchard, a broker with Royal LePage Metro. "Make sure that you understand what occurs during the open house and how to safeguard your possessions and your home." Bouchard recommends the following safety tips:

1. Put away items of value
Stow away items such as jewelry and family heirlooms. Store prescription drugs in a location other than your medicine cabinets.

2. Ask your realtor if they plan to escort people through your home
By giving guided tours to one small group at a time, you won't lose track of the visitors.

3. Keep personal documents out of view
Documents containing financial or personal information should be put away to give you peace of mind when it comes to your privacy.

4. Take inventory of any remaining personal property
Make notes or take photographs of items that you were not able to store and share them with your realtor prior to your open house.

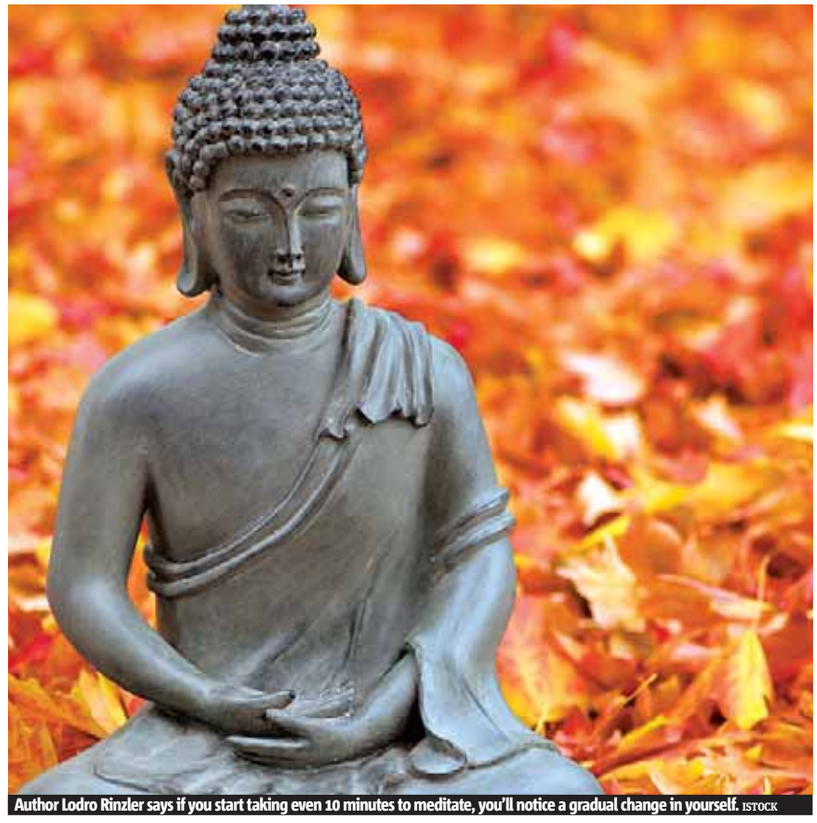
5. Find out if visitors will be asked for identification.
Keeping a list of visitor information is not only a useful safety tip but also provides a list of prospects to follow up with. An open house is an opportunity to market your investment to a wide range of potential buyers and it can be a rewarding experience if executed wisely.

NEWSCANADA

Your moment of Zen

Meditative moments. The author of Walk Like a Buddha describes how a sense of being present can improve your relationships, social life and work

MAJA LUNDAGER PEDERSEN
Metro World News in New York City



Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called Walk Like a Buddha, has been practising Buddhism since he was 11, and says his book is a compilation of questions people have asked him about his faith.

"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

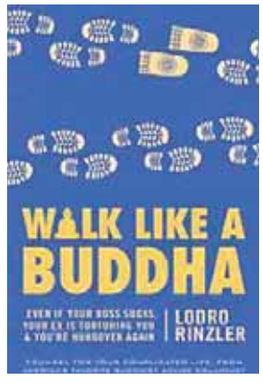
The questions revolve around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when choosing which questions to feature.

One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says. "You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."



It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no.

"The more we meditate and the more we realize that we can actually with things as they are, and the more we become present for the things that are the more, we see the most skillful way to act. We are not acting from what we think needs to happen but in occurrence with the way things are."

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Drug testing

WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the London Games.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

CFL

Ford steers Blue Bombers past Als

Will Ford caught a touchdown pass and ran in another as the Winnipeg Blue Bombers (3-12) kept their slim CFL playoff hopes alive with a 34-27 victory over the Montreal Alouettes (6-9) on Monday afternoon.

THE CANADIAN PRESS

CFL

Ticats take two in a row from Argos

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series. THE CANADIAN PRESS

The Dodgers' Yasiel Puig celebrates after hitting a run-scoring triple during the fourth inning of Game 3 of the National League Championship Series against the St. Louis Cardinals on Monday night in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS

Dodgers climb back into NLCS in L.A.

MLB. Ryu outduels Wainwright as Los Angeles avoids 3-0 series deficit

Game 3

Dodgers	Cardinals
3	0

Hyun-Jin Ryu outpitched Adam Wainwright with seven innings of three-hit ball, Adrian Gonzalez's RBI double ended a 1-for-17 drought for the Dodgers with runners in scoring position and Los Angeles got back into the NL championship series with a 3-0 victory over the St. Louis Cardinals on Monday night.

Yasiel Puig and Hanley Ramirez also had run-scoring hits for the Dodgers, who trail the best-of-seven series 2-1. Game 4 is Tuesday at Dodger Stadium, followed by Game 5 on Wednesday.

Retired Dodgers manager Tommy Lasorda, whose 1988 team won the franchise's last World Series, stood up and waved his white rally towel in the eighth to raucous applause.

Los Angeles got Ramirez and centre-fielder Andre Ethier back in the lineup after both proved in batting practice they were healthy enough to play. Ramirez wore a lightweight flak jacket to protect his broken left rib — having been hit by a pitch from Joe Kelly in Game 1 — while Ethier has been bothered by shin splints.

Ramirez singled his first time up off Wainwright and then helped the Dodgers extend their lead to 3-0 in the eighth.

Ramirez hit a soft single off Seth Maness over the head of new second baseman Kolten Wong to score Carl Crawford. The speedy Crawford, on second base after a one-out single, rounded third and never stopped running when the throw from the outfield went to second base.

On a close play at the plate, Crawford barely beat the tag by catcher Yadier Molina.

Ryu and Wainwright were nearly even through the first three scoreless innings, with Wainwright giving up one hit. Ryu, who struggled in his first career post-season start in the division series against Atlanta, retired 12 of his first 13 batters, yielding only a walk.

Ryu was much improved after lasting just three innings last week against Atlanta. He allowed four runs on six hits for a no-decision in a game the Dodgers won.

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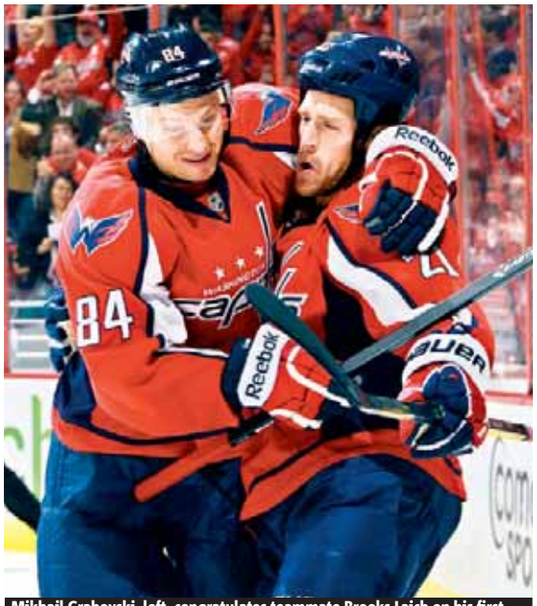
Oilers implode as Capitals push hard in 2nd period



Mikhail Grabovski, left, congratulates teammate Brooks Laich on his first-period goal on Monday night in Washington. GREG FIUME/GETTY IMAGES

NHL. Four-minute stretch in middle marks turning point as Washington ends skid

Joel Ward, Alex Ovechkin and Troy Brouwer scored goals in less than four minutes in the second period, and the Capitals snapped a three-game losing streak with a 4-2 win over the Edmonton Oilers on Monday night in Washington.

With the score tied 1-1, Ward took advantage of a power play and scored his first goal of the season at 10:06 of the second.

Ovechkin added his sixth goal 3:12 later, and Brouwer — during another power play — netted his first 43 seconds after that. Nicklas Backstrom assisted on all three goals, scored 3:55 apart. Brooks Laich scored Washington's first goal.

The Capitals scored four times on 20 shots against Edmonton goalie Jason LaBarbera. The Oilers have given up at least four goals in each of their six games.

Boyd Gordon and Will Acton, with the first of his NHL career, scored for Edmonton.

The Oilers took a 1-0 lead 9:48 into the game on Gordon's fourth goal.

Justin Schultz recovered a loose puck near centre ice, skated down the right wing and sent a pass to Boyd Gordon, who flipped a shot past goalie Braden Holtby.

Just 3:53 later, Laich scored his first of the season when he fired a shot past LaBarbera.

THE ASSOCIATED PRESS

On Monday

Capitals	Oilers
4	2

Bolts charge past Colts

Chargers receiver Vincent Brown catches a pass against the Colts' Greg Toler on Monday night in San Diego. Philip Rivers threw a 22-yard touchdown pass to rookie Keenan Allen and Nick Novak kicked four field goals in the Chargers' 19-9 win. DONALD MIRALLE/GETTY IMAGES

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	6	5	1	0	23	15	10
Detroit	6	4	2	0	16	15	8
Boston	5	3	2	0	12	8	6
Montreal	5	3	2	0	17	10	6
Tampa Bay	5	3	2	0	18	14	6
Ottawa	5	1	2	2	11	16	4
Florida	6	2	4	0	13	24	4
Buffalo	7	0	6	1	7	18	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	5	4	1	0	20	13	8
Carolina	6	2	2	2	13	18	6
NY Islanders	5	2	2	1	16	13	5
Columbus	4	2	2	0	11	10	4
Washington	6	2	4	0	17	22	4
New Jersey	6	0	3	3	11	21	3
NY Rangers	5	1	4	0	9	25	2
Philadelphia	6	1	5	0	8	17	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	5	5	0	0	18	4	10
St. Louis	4	4	0	0	19	7	8
Minnesota	6	3	1	2	16	13	8
Chicago	5	3	1	1	15	13	7
Winnipeg	6	3	3	0	17	16	6
Dallas	4	2	2	0	9	11	4
Nashville	5	2	3	0	9	15	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	24	7	10
Anaheim	5	4	1	0	18	12	8
Calgary	5	3	0	2	18	17	8
Phoenix	6	4	2	0	17	17	8
Los Angeles	6	4	2	0	16	14	8
Vancouver	6	3	3	0	17	20	6
Edmonton	6	1	4	1	19	29	3

Note: Two points for a win, one point for overtime loss.

Monday's results
Detroit 3 Boston 2
Washington 4 Edmonton 2
Minnesota 2 Buffalo 1
Sunday's results
Phoenix 5 Carolina 3
Los Angeles 3 Florida 0
Winnipeg 3 New Jersey 0
Anaheim 4 Ottawa 1
Tuesday's games — All Times Eastern
Minnesota at Toronto, 7 p.m.
Chicago at Carolina, 7 p.m.
Vancouver at Philadelphia, 7 p.m.
Edmonton at Pittsburgh, 7 p.m.
Buffalo at NY Islanders, 7 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Florida at Nashville, 8 p.m.
Montreal at Winnipeg, 8 p.m.
Columbus at Detroit, 8 p.m.
San Jose at St. Louis, 8 p.m.
Dallas at Colorado, 9 p.m.
Ottawa at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON VS. DETROIT

(Series tied 1-1)
Sunday's result
Boston 6 Detroit 5
Tuesday's game — All Times Eastetrn
Boston (Lackey 10-13) at Detroit (Verlander 13-12), 4:07 p.m.
Wednesday's game
Boston (Peavy 12-5) at Detroit (Fister 14-9), 8:07 p.m.
Thursday's game
Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

NLCS

ST. LOUIS VS. L.A. DODGERS

(St. Louis leads series 2-1)
Monday's result
L.A. Dodgers 3 St. Louis 0
Saturday's result
St. Louis 1 L.A. Dodgers 0
Tuesday's game
St. Louis (Lynn 15-10) at L.A. Dodgers (Nolasco 13-11), 8:07 p.m.
Wednesday's game
St. Louis (Kelly 10-5) at L.A. Dodgers (Greinke 15-4), 4:07 p.m.
Friday's game
x-L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

Monday's results
Winnipeg 34 Montreal 27
Hamilton 24 Toronto 18
Friday's game — All Times Eastern
Calgary at Edmonton, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	15	9	8	50	39	53
Kansas City	15	10	7	44	29	52
Houston	13	10	9	39	37	48
Montreal	13	11	7	48	46	46
Chicago	13	12	7	44	47	46
Philadelphia	12	10	10	40	40	46
New England	12	11	9	45	36	45
Columbus	12	15	5	40	42	41
Toronto FC	5	16	11	29	46	26
D.C. United	3	22	7	21	56	16

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Portland	13	5	14	49	33	53
Real Salt Lake	15	10	7	55	40	52
Seattle	15	11	6	41	39	51
Los Angeles	14	11	6	51	37	48
Colorado	13	10	9	42	33	48
San Jose	13	11	8	33	41	47
Vancouver	12	11	9	48	42	45
FC Dallas	10	11	11	45	50	41
Chivas USA	6	18	8	29	60	26

Sunday's result
Portland 1 Seattle 0
Wednesday's game — All Times Eastern
Montreal at Los Angeles, 10:30 p.m.
Friday's game
D.C. United at Kansas City, 8 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus
April 21 - May 21
There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini
May 22 - June 21
You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer
June 22 - July 23
You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo
July 24 - Aug. 23
Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo
Aug. 24 - Sept. 23
Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra
Sept. 24 - Oct. 23
Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio
Oct. 24 - Nov. 22
You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

♑ Capricorn
Dec. 22 - Jan. 20
What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

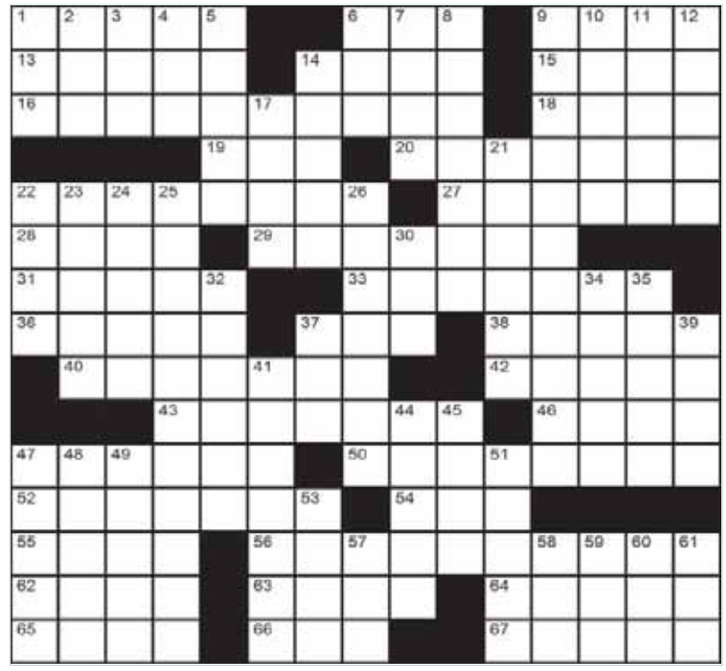
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces
Feb. 20 - March 20
As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

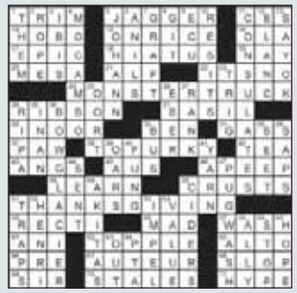
BY KELLY ANN BUCHANAN



Across
1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. __ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake _ __ Feather"
40. Gilda Radner character from SNL, Lisa __
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: __ Trail National Historic Site of Canada
52. Labradorite = Feldspar __
54. "Am _ __ brother's keeper?"
55. __-Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pollack, et al.
66. Classic TV Cousin
67. '50s group, Frankie __ & The Teenagers

Down
1. __-Mart
2. Game: French
3. Mystery man, __. _
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl __ Biggers
8. Tourist
9. Duncan, BC's huge Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we _ __?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-__ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "__ _' the Times" by Prince
37. Fixed
39. Confused
41. NWT: __ National Park Reserve
44. __ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline __
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging __"
59. Ring rock
60. Back then
61. Francisco's friend?

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	6	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

Today's Sudoku

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2		1	
		8		2			4	
6	2						5	9
			9		3			8

Weather

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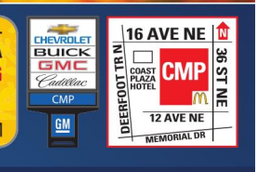

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